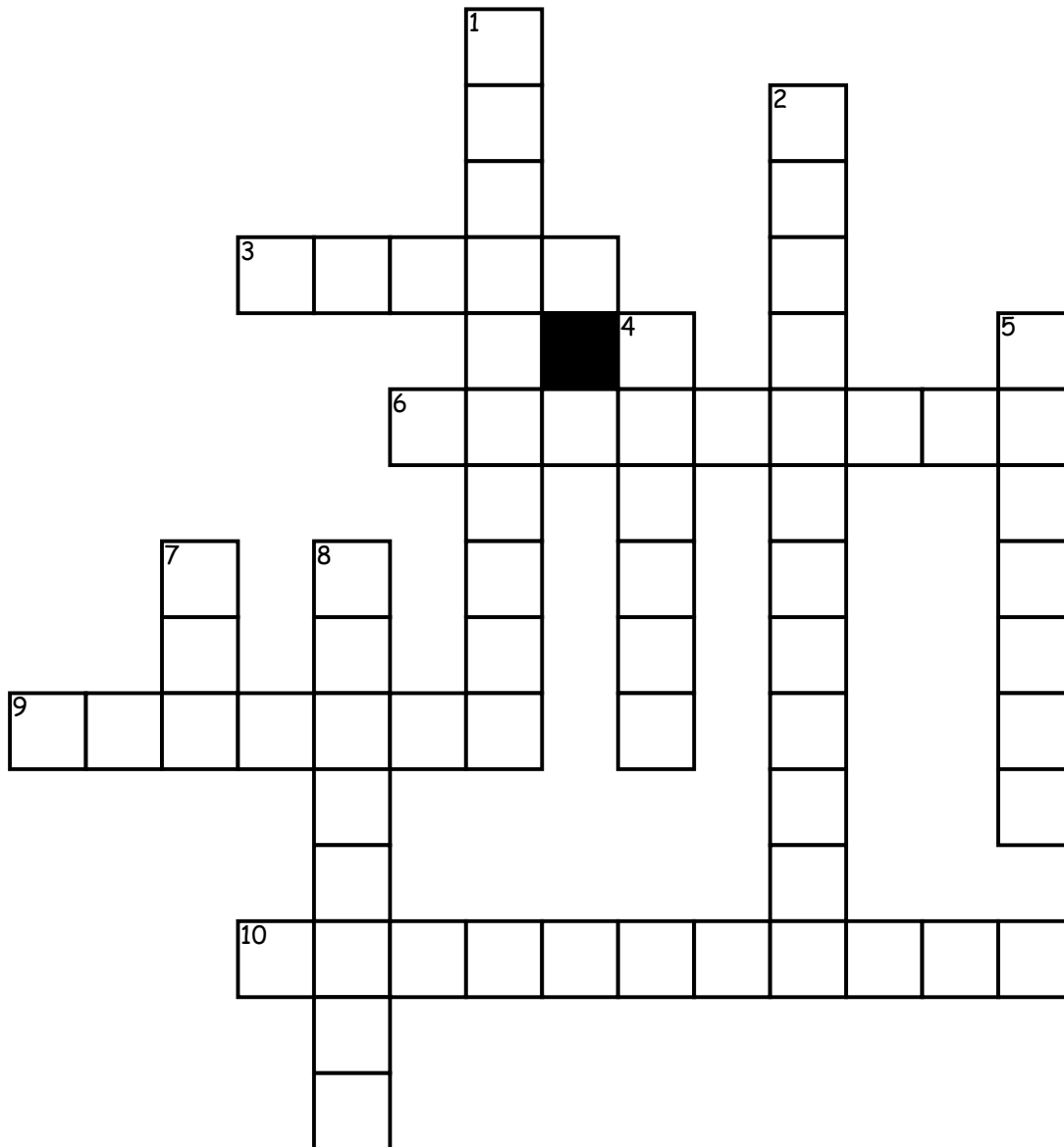


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Sleep Deprivation Crossword Puzzle



## Across

3. Recommended amount of sleep for teens is \_\_\_\_\_ hours.

6. Therapists and sleep specialists will offer behavioral and \_\_\_\_\_ measures.

9. One short-term effect of sleep deprivation is \_\_\_\_\_.

10. \_\_\_\_\_ percent of high school students are sleep deprived.

## Down

1. You should NOT use \_\_\_\_\_ before bed

2. One long-term effect of sleep deprivation is \_\_\_\_\_.

4. Sleeping boosts your \_\_\_\_\_ for the next day.

5. Sleeping allows the body to \_\_\_\_\_.

7. 1 out of \_\_\_\_\_ fatal car accidents are caused by tired drivers.

8. One needs to have a regular \_\_\_\_\_ cycle.